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John Cho talks about the importance of onscreen representation. 18

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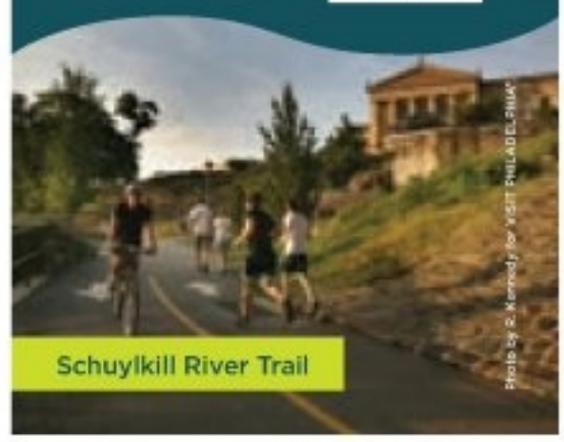

Schuylkill River Trail

Photo by R. Kennedy for VISIT PHILADELPHIA

HIGH STAKES

Trump needs to hit all the right notes in his acceptance speech to make the convention a springboard for his campaign, experts say. 2

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3 THINGS YOU NEED TO KNOW

PARENTS OF BOY KILLED BY ALLIGATOR AT RESORT WILL NOT SUE

The parents of a 2-year-old boy drowned by an alligator at the Walt Disney World Resort in Florida last month "are broken" but will not sue over the incident, the couple said in a statement on Wednesday. Lane Graves was playing at the edge of the Seven Seas Lagoon at the Walt Disney World's Grand Floridian Resort & Spa on June 14 when he was snatched by an alligator and dragged into the water. His parents rushed to save their child but failed to pry him free from the predator's grip, as a second alligator attacked during the rescue attempt. Graves, whose family was vacationing from Nebraska, was found by divers a day later at the bottom of the manmade lake. REUTERS

TURKEY PREPARES EMERGENCY MEASURES AFTER POST-COUP PURGE

2 Turkey will announce emergency measures on Wednesday to try to shore up stability and prevent damage to the economy as it purges thousands of members of the security forces, judiciary, civil service and academia after an abortive coup. One of the ruling AK Party's most senior figures, Mustafa Sentop, a close ally of President Tayyip Erdogan, said the constitution allowed for a state of emergency to be declared, though he said he did not know if such a step would be taken. Speaking live on broadcaster NTV, he said any state of emergency would last up to six months and would not affect citizens' lives. He also called for the restoration of the death penalty for crimes aimed at changing the constitutional order. REUTERS

DIRECTOR, PRODUCER AND WRITER GARRY MARSHALL DEAD AT 81

3 Director, producer and writer Garry Marshall, who was responsible for creating sitcom hits such as "The Odd Couple" and "Happy Days" and directed hit movies "Pretty Woman" and "The Princess Diaries," died on Tuesday, Variety reported. He was 81. Marshall died in Burbank, California, from complications of pneumonia after a stroke, his representative Michelle Bega told USA Today.
"The Odd Couple," a hit sitcom created and produced by Marshall, began a five-year run on ABC in 1970. The show, starring Jack Klugman and Tony Randall, received Emmy nominations and wins for the comedy series based on Neil Simon's play about two divorced men with different lifestyles who are forced to share an apartment. REUTERS

Donald Trump arrives in Cleveland. GETTY IMAGES

Can Donald Trump save the RNC from itself?

The convention has been plagued by disunity and a plagiarism allegation.

KIMBERLY M. AQUILINA
@MetroNewYork

Donald Trump will take the stage Thursday to accept the Republican Party's nomination to run for president on the final day of a national convention that many hoped would unify the party, temper the candidate's image and give him a boost in the polls.

But the first two days of the convention, that Trump once promised would be a showbiz extravaganza like nothing before it, have been a series of stumbles that have raised the stakes for what already was the most important speech he's ever likely to make.

Republican strategist Ed Rollins, who is advising a "super PAC" supporting Trump, said he can't afford to make any mistakes at this point, The New York Times reported.

"His speech is the whole game," Rollins told the Times. "Viewers have to watch it and say, 'There is the next president of the United States.'"

Other political experts said the four-day convention in Cleveland hasn't accomplished much in positioning Trump to take on his Democratic foe, former Secretary of State Hillary Clinton.

"The first two days have been sort of a number of incidents that I think have stepped on what I'm sure Trump would have wanted to be a much cleaner and stronger message about his candidacy," said Patrick Egan, a political science professor at NYU.

The missteps at the convention have overshadowed the message, beginning with the last-ditch effort by the Never Trump delegates to try to deny him the nomination in a rules fight on the first day. That display of party discord was followed by the embarrassment of Melania Trump, the candidate's wife, being accused of plagiarism for lifting part of her speech from one given by Michelle Obama in 2008.

The lack of A-list speakers, and up-and-coming Republicans has also been a drawback, especially after Trump promised a lineup of all-stars and winners, including New England Patriots quarterback Tom Brady, who declined the invitation.

> *"The first two days have been sort of a number of incidents that I think have stepped on what I'm sure Trump would have wanted to be a much cleaner and stronger message about his candidacy."*
>
> Egan

Heath Brown, assistant professor at CUNY City University of New York Grad Center and John Jay College, said the lack of A-listers isn't unusual for a GOP event, but the lack of rising and established Republican stars is a glaring omission.

"You don't have anyone from the most significant Republican group over the last generation," he said. "Nobody from the Bush family is there; in addition, you don't have anyone from the Romney group as well, so I think that's what's really remarkable."

"I do sense that there is a bit of breath-holding at the convention," Brown added.

Brown said in order for Trump to bring the RNC to a crescendo, he'll have to rely on tips from Ronald Reagan's 1980 acceptance of the nomination.

"The first thing [Reagan] did in 1980 was he spoke with a level of specificity about his agenda and Trump really hasn't done that before," Brown said. "I suspect he's going to try to speak as Ronald Reagan did in 1980 beyond the diehard backers of his party and his candidacy to those who might not be informed about what Trump is all about or might not be paying as much attention and they need to be convinced in a slightly different way."

Joel Millman contributed to this report.

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Businesses hoping DNC delivers on economic promise

Last year's papal visit drew hundreds of thousands, but pilgrims kept a tight grip on their cash.

MADELINE PRESLAND
@MetroPhilly
letters@metro.us

Normally, the arrival of tens of thousands of people descending on Philadelphia for a weeklong convention would have the city's businesses laying in additional supplies and hiring temporary help.

After all, everyone coming to the Democratic National Convention needs a place to stay, food and drink, taxis and souvenirs. And when they're not politicking, they'll be looking for other ways to spend their money. Right?

Not so fast. Last year's papal visit taught Philly business owners a hard lesson: Don't count your profits until the money's in hand.

"We're skeptical after the pope," says Schotland McQuaide, manager of Good Dog Bar in Center City. "It was great for bringing people in [to the city], but bad for business."

Hundreds of thousands of Catholics attended last September's World Meeting of Families led by Pope Francis, but it was no economic boon for Philadelphia. Hotel rooms went unbooked; normally bustling downtown streets were deserted as locals either stayed home or fled the city; pilgrims hung onto their money.

But a national political convention is a much different animal, and business owners are optimistic that this time they'll see the anticipated payoff.

Many hotels are fully booked even in outlying areas, and any rooms still available are going for a premium.

According to its website, a room at the boutique Hotel Palomar Philadelphia in Rittenhouse Square costs $699 per night next week, with a five-night minimum.

"Rates are typically in the $200 [range per night] for a typical July week," said Palomar General Manager Mark Hayes. "Rates are probably three to four times that compared to a typical July."

The Reading Terminal Market in Central City FILE PHOTO

Hayes predicts that convention attendees will be willing to spend more on food and beverage than visitors who came to celebrate Mass with the pope.

"It's a different type of traveler and a larger budget," he said.

Another encouraging difference for business is not as many city streets and areas will be closed or fenced off as were for the papal visit, which further discouraged locals from going about their daily routines.

"We're hoping that locals aren't scared off," said Sarah Levitsky of Reading Terminal Market.

For Levitsky and the vendors in Reading Terminal, the tricky part may be when to expect a rush of customers.

"The schedules for the delegates and everyone coming in are a little unpredictable from our perspective," says Levitsky. "We're not sure how to gauge when people will come in."

The market, at 12th and Arch streets, wants to open at 7 a.m. to draw in the breakfast crowd before the daytime DNC events at the Wells Fargo Center and the Pennsylvania Convention Center.

McQuaide, of the Good Dog Bar, is taking a more Zen-like view of the convention and his business' prospects.

"We're ordering more [supplies] in anticipation of the influx of people, but we just assume everyone will either come, or they won't," says McQuaide.

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Workers install American flag themed banners on the fencing surrounding the Wells Fargo Center. CHARLES MOSTOLLER

Philly gets ready for DNC

Here's what you need to know as the city gets ready for its biggest political event in decades.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Unless you've been sleeping under a rock for the past year, you know that Philadelphia will be dominated next week by the Democratic National Convention, July 25-28.

The DNC, with most events scheduled at Wells Fargo Center and the rest at the Pennsylvania Convention Center, is expected to bring 50,000 politicians, delegates, members of the media, protesters and spectators.

Maybe you'd like to keep sleeping under that rock? If so, here's everything you need to know about how the city will be adjusting to handle the DNC so you can avoid the most raucous moments.

Road closures

Traffic around the Wells Fargo Center where the main convention will take place is going to be heavily restricted by law enforcement, including the Secret Service.

Road closures are expected to take effect throughout the sports complex area in South Philly on Saturday, July 23, and should be lifted by the evening of July 29.

Broad Street and Pattison Avenue around the Wells Fargo Center, as well as roads through adjoining FDR Park, will be completely closed off. Commercial vehicles will be banned from Interstate 95 south of Wells Fargo Center. Passenger vehicles will be permitted, but exit ramps near the center will be closed.

Transportation

SEPTA will be operating the Broad Street Line with extra service to AT&T Station near the Wells Fargo Center and FDR Park.

UberX and Lyft were recently made legal through Sept. 30 and will be available along with regular cabs, although some cabbies have vowed to boycott the DNC to protest the taxi apps.

The entire Philadelphia metropolitan area has been designated "secure airspace" during the convention, and no drones are permitted within 30 nautical miles of Philly during that time.

Politicians

- **Monday:** Michelle Obama, Bernie Sanders
- **Tuesday:** Bill Clinton
- **Wednesday:** Barack Obama, Joe Biden
- **Thursday:** Hillary Clinton

Protests

Most protesters are going to be stationed at FDR Park across Broad Street from the Wells Fargo Center. Some protesters are rumored to be planning to camp out overnight and live in the park during the DNC.

However, protests down Broad Street to the Wells Fargo Center, around City Hall and in Independence Mall are also scheduled almost every day of the week. Visit metro.us for the latest updates on the protests.

Parking

Median parking on South Broad Street between Washington Avenue and Packer Avenue will be banned July 24-29 due to expected demonstrations on the street. The city made the decision "to ensure the safety of these demonstrators, as well as the police officers who will be protecting them," the mayor's office said. Curbside parking will still be allowed. No other significant parking changes are expected as other events are scheduled for large event spaces. If you do get your car towed, call 215-686-SNOW.

Explosives found

Less than a week before the DNC, investigators made a worrisome discovery.

Officers approached a minivan in Germantown Tuesday evening and discovered two improvised explosives and fireworks in the vehicle, CBS3 reported.

"The two improvised devices [had] the strength equivalent to about a quarter stick of dynamite, which is pretty powerful," Philadelphia Police Chief Inspector Scott Small told CBS3.

Police approached the vehicle, which was double parked near 21st Street and Champlost Avenue, around 10 p.m., because of a strong smell of marijuana, 6ABC reported.

The 31-year-old driver had two 3-year-old children in the car with him, police said. He was arrested and is facing charges relating to narcotics, explosives offensives and recklessness endangerment of children. ALEXIS SACHDEV

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GIVE PHILLY HELL DURING CONVENTION

Next week the Democratic National Convention will be in full swing in Philadelphia. The lights, cameras and the nation's attention will be on the Democrats gathering in the birthplace of America's democracy.

With all eyes on Philly, I want to see First Amendment rights exercised in their totality, especially protest.

First off, don't get it wrong — I don't want Donald Trump to be our next president. However, what I will not tolerate is for the poorest major city in America to pretend it's a big shot in front of rest of the world. Protesters will and should call out those responsible — the city and the Democrats running it.

It makes sense that Philly would be the ideal choice for the DNC. We love our Democrats. But many of the party's beliefs and messages — equal opportunity for all, diversity and progressive reform — don't measure up in Philadelphia.

We have oppressive policies that keep ward leaders dictating the leadership of their districts and persistent nepotism in grooming those who want to get elected. Furthermore, we see lobbyists, labor unions and political insiders have their hand out for favors from our elected officials — while most Philadelphians are at the bottom of the list.

We still have stop and frisk, poor voter turnout, a less diverse mayor's Cabinet, mismanaged education system, high poverty and unemployment rates for people of color, a gun violence crisis and recent corruption that has impacted our elected officials' performance in the region.

So when I heard former Mayor and Gov. Ed Rendell, now chairman of the DNC Philly Host Committee, tell the media that he doesn't expect protests to disrupt the city — I laughed. How could you not? Are we living in two different cities? Philadelphia taxpayers better be out there letting the world know that there is no yellow brick road to City Hall!

Critics argue that protesting isn't effective, that it's a lazy way of addressing serious issues in the city. Many of those saying that are in positions of influence and power and could be doing more themselves — and don't. For some who don't have access and clout in this city, protesting is all they can do and is still a powerful way to voice concerns.

Elected officials who act aloof to the issues are reminded every time they see a sign or a demonstration that this is what the people want. Before many could get hired, appointed or elected, they first marched. If there was any time that protesters were needed to lead the charge on the hypocrisy of this city's democracy, this would be it.

Use your voice in a civil and safe way and get people talking. Hopefully, those elites in their wing tip shoes, with their Tory Burch handbags will hear you and spread the word. That's how you start a movement. That's how you enact change.

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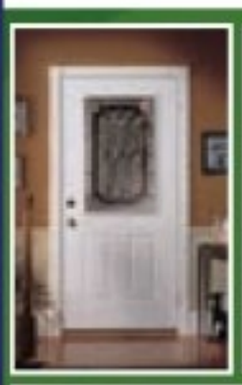

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Seagulls eat from a discarded takeaway container. GETTY IMAGES

It's come to our attention that feeding seagulls is a legitimate problem on the Jersey Shore.

Why anybody would willingly sacrifice Boardwalk Fries to these obnoxious, indiscriminate defecators is beyond us, but alas, this is the state of our world today.

That said, the mayor of Ocean City is reminding you to not do it.

In a letter penned last week, Mayor Jay Gillian reminded all visitors that feeding wildlife is strictly against the law, and will be enforced with fines up to $500 and up to 90 days in prison.

In years past, the Ocean City Police Department has tried to be the nice guys about this problem, issuing warnings to violators.

No more Mr. Nice Guy, it seems.

The mayor says continuing to feed the birds gives the animals confidence.

"The emboldened birds try to take food from people on the beach and boardwalk," he wrote, adding that feeding presents health and safety problems for both animals and humans.

If you're still not convinced, watch some terrifying videos of people feeding these vicious creatures.

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Attorney general: Police feeling under siege after attacks

U.S. Attorney General Loretta Lynch said on Wednesday that American police officers were feeling under siege following the recent attacks in Dallas and Baton Rouge and that the Justice Department was offering training as one way to help.

Asked what she thought was the cause of the attacks on police officers, Lynch said "we see a number of different causes." She noted that a police captain in Kansas City, Kansas, had been killed on Tuesday while responding to a call, the kind of work police everywhere do daily.

"We have also seen, as you are aware, situations where officers have been directly targeted and ambushed," she added, referring to the Dallas and Baton Rouge attacks, which left eight police officers dead.

"Certainly law enforcement is feeling under siege because of these incidents and they are tragic," Lynch told a news conference, encouraging the public to be as supportive of police as possible. REUTERS

Attorney General Loretta Lynch GETTY IMAGES

"Certainly law enforcement is feeling under siege because of these incidents and they are tragic." Lynch

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Drugmakers race for smart inhalers

Makers of inhalers to treat asthma and chronic lung disease are racing to develop a generation of smart devices with sensors to monitor whether patients are using their puffers properly.

Linked wirelessly to the cloud, the gadgets are part of a medical "internet of things" that promises improved adherence, or correct use of the medication, and better health outcomes. They may also hold the key to company profits in an era of increasingly tough competition.

Drugmakers believe giving patients and doctors the ability to check inhaler use in this way could be a big help in proving the value of their medicines to governments and insurers, though they need to tread carefully with data privacy.

The drug industry is about to take inhalers to the next level. GETTY IMAGES

GlaxoSmithKline, AstraZeneca and Novartis are all chasing the opportunity via deals with device firms including U.S.-based Propeller Health and Australian-listed Adherium, as well as technology players like Qualcomm.

Over the past half century, inhalers have revolutionized care by delivering medicines directly into the lungs and avoiding the serious side effects seen with older oral drugs. But getting patients to take their medication correctly remains a challenge.

"Technique is critical. You might have the world's best blockbuster drug in an inhaler, but if patients don't use it properly they won't get the benefits," said Omar Usmani, a consultant physician at Imperial College London.

With asthma and chronic obstructive pulmonary disease (COPD) affecting about 500 million people worldwide, the opportunity is large, and reducing serious attacks by improving adherence could save $19 billion a year in U.S. health-care costs alone, Goldman Sachs analysts estimated in a report last year. REUTERS

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Why Viagra Is Failing Men

Soaring demand expected for new scientific advance made just for older men. Works on both men's physical ability and their desire in bed.

New men's pill overwhelms your senses with sexual desire as well as firmer, long-lasting erections. There's never been anything like it before.

By Harlan S. Waxman
Health News Syndicate

New York – If you're like the rest of us guys over 50; you probably already know the truth... "Viagra® doesn't work! Simply getting an erection doesn't fix the problem" says Dr. Bassam Damaj, chief scientific officer at the world famous Innovus Pharma Laboratories.

As we get older, we need more help in bed. Not only does our desire fade; but erections can be soft or feeble, one of the main complaints with Viagra®. Besides, Viagra® is expensive... costing as much as $50.00 a pill.

Plus, it does nothing to stimulate your brain to want sex. "I don't care what you take, if you aren't interested in sex, you can't get or keep an erection. It's physiologically impossible," said Dr. Damaj.

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But now, for the first time ever, there's a pill made just for older men. It's called Vesele®. A new pill that helps you get an erection by stimulating your body and your brainwaves. So Vesele® can work even when nothing else worked before.

The new men's pill is not a drug. It's something completely different

Because you don't need a prescription for Vesele®, sales are exploding. The maker just can't produce enough of it to keep up with demand. Even doctors are having a tough time getting their hands on it. So what's all the fuss about?

WORKS ON YOUR HEAD AND YOUR BODY

The new formula takes on erectile problems with a whole new twist. It doesn't just address the physical problems of getting older; it works on the mental part of sex too. Unlike Viagra®, the new pill stimulates your sexual brain chemistry as well. Actually helping you regain the passion and burning desire you had for your partner again. So you will want sex with the hunger and stamina of a 25-year-old.

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THE SCIENCE OF SEX

The study asked men, 45 to 65 years old to take the main ingredient in Vesele® once a day. Then they were instructed not to change the way they eat or exercise but to take Vesele® twice a day. **What happened next was remarkable.** Virtually every man in the study who took Vesele® twice a day reported a huge difference in their desire for sex. In layman's terms, they were horny again. They also experienced harder erections that lasted for almost 20 minutes. The placebo controlled group (who received sugar pills) mostly saw no difference.

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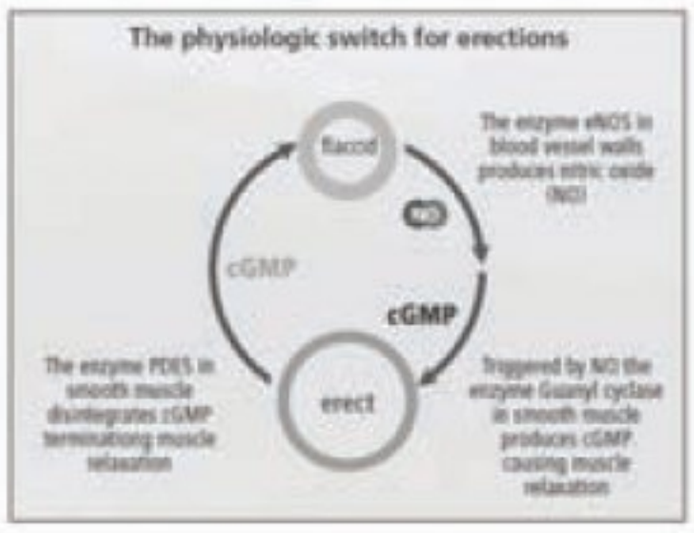
"Once we saw the results we knew we had a game-changer said Dr. Damaj. We get hundreds of calls a day from people begging us for a bottle. It's been crazy. We try to meet the crushing demand for Vesele®."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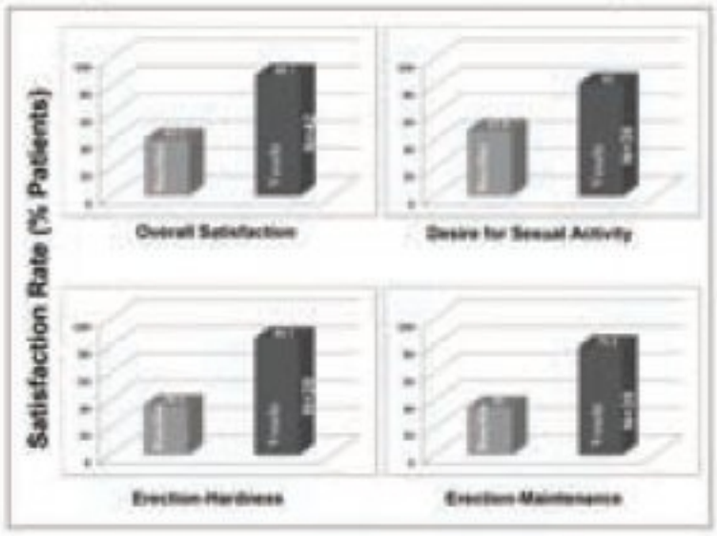

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THE FOREMAN OPINION

TOM FOREMAN

Amid two exhausting weeks in the rattle and hum of the political conventions, I have escaped to a Denny's for breakfast. No bullhorns or raging bitterness. Just eggs, pancakes and a hilarious kid at the next table.

"I'd like to have a T-Rex," he says as his younger brother grins and his parents stare blank-faced. They're probably recalling some ill-considered previous pet now known simply as "the cat episode."

The kid then describes all the great things he'd do with his dino friend. It would wake him in the morning. Go to school with him. Birthday parties. Baseball practice.

I'm crouching over my hash browns thinking how it really would not work that way. Sure, it sounds like fun owning a fierce creature capable of shaking the earth, devouring all it sees and scaring the bullies away.

But then one day it growls at you. It snaps a treat from your hand a little too aggressively. Next thing you know it is insulting foreigners and its wife is plagiarizing speeches. Or it's installing a secret server in the basement, sending classified emails and denying it to your face.

Analogies aside, I'm not saying Trump and Clinton are dinosaurs (although certainly plenty of critics would) I'm just pointing out these bigger-than-life figures have a way of taking over everything in their reach. Dedicated voters — left, right and center — grab onto these political behemoths only to realize they don't have the T-Rex. The T-Rex has them.

And soon enough those same voters are busier than they ever imagined trying to argue away the candidate's flaws, excuse their lies and justify the yard sign out front. Like kids in a breakfast joint, we dismiss many thinking, reasonable, sober and sane leaders as boring — and we pine for a thunder lizard who will answer only to our side, not realizing it will take all of us to make either one of these behemoths do what we want — not what he or she wants.

The kid's breakfast arrives and he changes subjects.

"Who doesn't like bacon? Except for maybe pigs."

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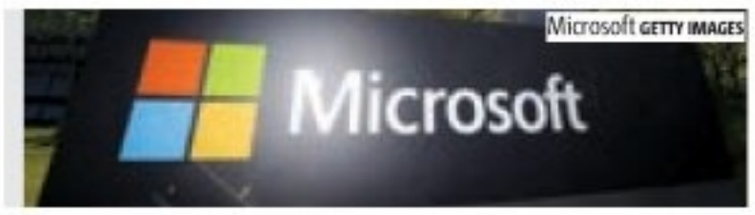
France orders Microsoft to stop collecting excessive user data

The CNIL said the U.S. company had three months to stop tracking browsing by users so that Windows apps and third-party apps can offer them targeted advertising without their consent, failing which it could initiate a sanctions procedure.



The French data protection authority on Wednesday ordered Microsoft Corporation to stop collecting excessive data on users of its Windows 10 operating system and serving them personalized ads without their consent.

A number of EU data protection authorities created a contact group to investigate Microsoft's Windows 10 operating system following its launch in July 2015, the French privacy watchdog said.

The action against Microsoft mirrors that taken by the CNIL against Facebook, which was ordered in February to stop collecting users' information then used for advertising without their consent.

Microsoft processes information on all the apps downloaded and installed on Windows by a user and the time spent on each one to identify problems and improve its products. However the CNIL said it considered this to be excessive since the data "are not necessary for the operation of the service."

The French watchdog also said that Microsoft puts advertising cookies on users' terminals without properly informing them beforehand or giving them a chance to opt out.

"It has been decided to make the formal notice public due to, among other reasons, the seriousness of the breaches and the number of individuals concerned [more than 10 million Windows users on French territory]," the CNIL said in a statement.

"The purpose of the notice is not to prohibit any advertising on the company's services but, rather, to enable users to make their choice freely, having been properly informed of their rights."

While the fines that can currently be levied by European data protection authorities are paltry compared to the revenues of big U.S. tech companies, a new European Union data protection law set to enter into force in two years provides for fines of up to 4 percent of a company's annual global turnover.

In addition, the CNIL said Microsoft was still illegally transferring data to the United States using the Safe Harbour framework, which was struck down by the top EU court in October on concerns about mass U.S. surveillance practices.

Companies have had to rely on alternative legal structures such as "model clauses" to move data across the Atlantic in line with tough EU data transferral rules.

However a source at the company said that Microsoft uses model clauses for U.S. data transfers and is only still certified under Safe Harbour due to contractual obligations.

REUTERS

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In "Star Trek Beyond," John Cho (with Zoe Saldana) returns as intrepid Enterprise officer Hikaru Sulu. PARAMOUNT PICTURES

THE FUN STARTS HERE

John Cho looks to the future

GETTY IMAGES

The "Star Trek Beyond" actor says it's a great thing that Sulu is now gay.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

For John Cho, "Star Trek Beyond" isn't just another "Trek" entry. A few weeks ago it was made public that his character, Hikaru Sulu, third officer and helmsman of the Starship Enterprise, would be revealed to be gay, with a husband and an adopted daughter back home. In the film the revelation is a tiny moment, but while it's made many happy, it's enraged others, including the original Sulu himself, George Takei. For Cho, he sees it as a case in which a group that's underrepresented in TV and film can finally see themselves onscreen.

The original series was a reflection of the late 1960s. What do you think this says about today?
"Star Trek" has endured 50 years, and perhaps one reason it has is it appeals to our better nature as a species. That's an irresistible message, particularly right now. It was relevant in the late 1960s; we were coming off a very tumultuous period of American history. And we're in the middle of one right now. It's useful to be reminded of our similarities as opposed to our differences.

The original show was very casual in the way it presented an ethnically diverse cast. And the way this introduces Sulu's husband is casual, too.
I had concerns about that, about the way it would be handled. Now that I look at it, it really came together in the way I had hoped, which is in an almost off-handed throwaway scene. It was really important for me as a kid to see George [Takei] as an Asian-American guy when I watched the reruns of "Star Trek." I wasn't really seeing myself onscreen. Seeing Sulu was a watershed moment for me; I was very encouraged by it. Similarly I hope young queer folk will be encouraged by seeing themselves up there.

Perhaps inevitably, there's been some angry pushback from homophobic pundits. Have you read any of that?
No. [Laughs] It seems unhealthy.

Movies and TV are still short on prominent Asian-American characters. There was even a meme called "Starring John Cho" that Photoshopped you into posters of movies with white actors. Do you think Hollywood is finally listening?
I must say I have mixed emotions when I talk about the degrees of progress. In the same breath that I will admit there has been progress, I'll say it's not nearly what it's supposed to be. We're talking about an era when we're still putting white actors in yellowface. There are markers of progress but also disturbing signs of recidivism. Sometimes I feel like Moses standing outside of Canaan thinking [future generations] will see the promised land but I never will.

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Chris Pine, Sofia Boutella and the late Anton Yelchin try to survive on a remote planet in "Star Trek Beyond." PARAMOUNT PICTURES

"Star Trek Beyond"

Director: Justin Lin
Stars: Chris Pine, Zachary Quinto
Rating: PG-13

●●●○○

Is it wrong that the brainy "Star Trek" movie franchise has been saved by the director of the biggest, dumbest movies on the market? His name is Justin Lin, and he transferred from making four "Fast and/or Furious" monstrosities, meaning he's gone from cool thieves driving sweet rides to scientists who like to debate the ethics of unified governance. And yet he's made the kind of movie the bloated second one should have been: a one-off romp — a supersize version of an old episode, just with more hot-dogging motorcycle stunts and stuff going boom.

Wittily co-written by Simon Pegg, the new series' resident Scotty, it finds Captain Kirk (Chris Pine, still enjoyably smarmy) and his rainbow-color band of Enterprisers launching off on what they assume is a rescue mission. But their beautiful ship is destroyed beautifully by a swarm of tiny ships that looks like a horde of wasps. Stranded on an obscure rocky planet outside Federation jurisdiction, they have to MacGyver together an escape while defeating an alien menace who you might not realize is Idris Elba under pounds of makeup until the finale.

Elba's Krall is too vaguely defined, even after the movie grants him an empathetic backstory. He's a generic bad guy — a villain of the week in a series that won't have another episode for three years.

Or is the disposability part of the charm? There's a lack of pretence to "Beyond," especially compared to the self-important "Darkness." It's not great that a series once known for its deep thinking is now at its best during a climactic space battle that makes orgiastic use of a rap-pop classic. It can't even do much with the revelation that Sulu has a husband, kowtowing to an era when blockbusters still have to treat same-sex couples as special "friends." But it's no dealbreaker. "Beyond" is a lot like its version of Kirk: The guy that partied rather than hit the books, but still managed to charm his way to a passing grade. MATT PRIGGE

Jesse Eisenberg and Kristen Stewart fall in love again, this time in Woody Allen's 1930s-set "Cafe Society." SABRINA LANTOS

"Cafe Society"

Director: Woody Allen
Stars: Jesse Eisenberg, Kristen Stewart
Rating: PG-13

●●●○○

Has Woody Allen lost his way with words? The dialogue, especially the jokes, are unusually terrible in "Cafe Society." But not all is bleak; far from it. If Woody's no longer trying with chatter, he's still experimenting with stories and plot structure. Like so many of his late period works, "Cafe Society" can be creaky and undercooked. But there are enough ideas here that suggest he's almost onto something and might have gotten there if he did at least one more draft. In fact, maybe he got close enough: His 47th movie toes the line between sentimental and pitiless.

Set in the 1930s, "Cafe Society" finds Jesse Eisenberg as Bobby, a young man from New York who's come to Los Angeles and quickly falls for Kristen Stewart's Vonnie, a secretary for his high-powered movie mogul uncle (Steve Carell). Bobby has no idea she's his mistress, and when he finds out the movie follows him back home, where he moves on, finds a new job and a new girl (Blake Lively).

A lot happens in "Cafe Society"'s second half, which is filled with subplots that seem to have nothing to do with the main storyline. It can seem like a shambles — or is it actually genius? Just as Bobby tries to forget the love that could not happen, we, too, may spend the second half forgetting that Vonnie ever existed —and may be shocked when, late in, she suddenly re-enters the picture.

This all builds to a graceful, bittersweet close, one of Woody's best, which makes fine use of gauzy Kristen Stewart close-ups. Everything clicks in this final scene, making it a film that seems better in retrospect. It's often strong in the moment, too. It's almost boring by now to talk about how terrific post-"Twilight" Stewart can be, but she's as great at posing for the camera as she is playing a character who keeps her emotions close to the vest. It's a frustrating film — like a gorgeous mansion still overrun with scaffolding. And yet it's still clear it's a beaut. MP

Gabriel Bateman and Teresa Palmer try to keep things bright as they battle a freaky entity in "Lights Out." WARNER BROS. PICTURES

"Lights Out"

Director: David F. Sanberg
Stars: Teresa Palmer, Maria Bello
Rating: PG-13

●●●○○

For an 81-minute summer horror movie based on a three-minute short, "Lights Out" gets an A for effort. It has a novel hook, one so specific it's amazing no one's done it before: It's a ghost movie (sort of), where the evil spirit can be seen and attack only when the lights are off. It deals with mental illness with a frankness that's disarming, even had this been a straight-up serious drama. It even offers a realistic (or realistic-ish) explanation for its baddie that forgoes the usual supernatural mumbo-jumbo.

If anything, it tries too hard, resulting in a nerve-jangler that's both smart and deeply silly. At first it simply seems like a mere expert spookfest. Teresa Palmer is perhaps undeservedly good as Rebecca, a 20-something loner into metalcore and into not talking to her sickly mom Sophie (Maria Bello), who's gone wildly off her meds. Soon both she and her little brother (Gabriel Bateman) are being haunted by the same entity: a silhouette with long black hair out of a J-horror entry. It likes to rattle knobs, scrape against doors and make sinister lunges at people before someone flips a light switch.

"Lights Off" was produced by James Wan of "The Conjuring" fame, and you can tell: Sanberg indulges in the same yen for creeping dollies and off-screen menace, preferring old school practical scares over digitized cheats. When it comes to ways our heroes can turn on the lights, he's witty: Light sources include car lights, cellphone screens, furnaces and, most striking of all, a giant black light rod.

Sanberg and screenwriter Eric Heisserer could have gotten away with it, too, but they get too cocky. Once we get to the ghoul's bizarre backstory, the movie threatens to collapse into ridiculous stupidity. But it's best not to take this too literally, much as it wants you to. It's better off reading the villain as a manifestation of Sophie's ailment. You might not think it would go all the way with this, and yet it does, with an ending that's at the very least questionable but that hurts all the same. MP

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Social justice comes to comedy

Comedian Hari Kondabolu fights for the disenfranchised, and has a killer Trump one-liner.

ALISON GOLDBERG
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The rhetoric around immigration hits home for Hari Kondabolu — his parents came to New York from India. GETTY IMAGES

Hari Kondabolu is not a household name yet, but if you like politically charged comedy that tackles social and racial issues, there's no one doing it better. Case in point: his upcoming project, "The Problem with Apu," a documentary analyzing "The Simpsons" convenience store owner, coming this fall on TruTV.

Until then, Kondabolu is ready to let his audience get to know the man behind the laughs.

"You'll get to know what I believe in through my stories, and not just my politics and my jokes," the Indian-American comic says about his second standup album "Mainstream American Comic," out July 22.

We caught up with Kondabolu before he takes his act on the road.

What's the role of comedians in politics?
For me, it's important to hold truth to power, and comedy is a very accessible way to do that. People will be willing to listen because there's a promise of a laugh.

Is it hard to be funny given how toxic things have gotten?
Comedy has always been my defense mechanism. So when things are bad I automatically go to, "What can I say to make it better?" With [Trump's] particular campaign, you've seen people protest and be really courageous in confronting things, and the folks in his rallies have been greeted with violence and racial slurs, and he condones those kinds of things. So you kind of worry with this presidency — are people going to be able to speak their mind?

How have the campaigns inspired your comedy?
This election, certainly, the big issues have really come out, whether those issues are about class, racism, xenophobia or sexism. That in some ways helps, because people become more attuned to thinking a little more deeply about society and what kind of society they want, and that helps me because that's what I talk about.

Any Trump-related material you can preview?
I'll give you one — the only time that Donald Trump has liberated women is when he's divorced them.

Tell us more about "The Problem With Apu."
It's about "The Simpsons" character Apu, and to me how strange that character is in 2016 and how strange it was in 1990. I grew up in Queens, New York, which is a really diverse place, but we weren't represented on TV regularly until this cartoon character came out — and the voice wasn't even an Indian person, it was a white guy, Hank Azaria. So it was always really strange to feel like that was our biggest representation, this cartoon full of stereotypes. I really wanted to create a film about how a show that I love so much that I was hugely influenced by still has what I feel is a major flaw.

Are you trying to achieve anything specific with your comedy?
If there's an issue that involves justice, or people who are not getting justice, that's where my interest is. So whether we're talking about undocumented immigrants, working class people getting cheated from a system that doesn't work for them, sexism, racism and homophobia—these are all things that I gravitate toward, certainly from personal experience, discussing racism and issues about immigration because my parents are immigrants.

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Where to get the tastiest #DNCDEALS

things to do

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We sure hope you're hungry, Philly!

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

The 2016 Democratic National Convention is in town and that means getting political, spotting celebs, rallying with your friends and so much more. All of this activity does make a person hungry and the Philly food scene has stepped up to the plate to feed delegates as well as Philadelphians with #DNCDEALS. These specials offer the most bang for your buck. Here are a few of our faves to get you started.

Square 1682
ALL PHOTOS PROVIDED

Red Owl Tavern

Revolution Taco
(The Donkey Kick)

Red Owl Tavern

433 Chestnut St.
redowltavern.com

Located steps away from the Liberty Bell, Red Owl Tavern is offering #DNCDEALS during lunch with the Red Owl Tavern Burger paired with the Dock Street collaborative beer, Red Awl — for $20.16. Just thirsty? They've whipped up a special DNC cocktail, too, called I'm with Her(b). The concoction, a blend of Bacardi Superior Rum, herb-infused Doling Blanc Vermouth, Cointreau and Grenadine is priced at $12.

Square 1682

121 S. 17th St.
square1682.com

Located near Rittenhouse, Square 1682's Chef Caitlin Mateo is cooking up Staff Meal Trays for #DNCDEALS. What's a Staff Meal Tray exactly? It's a multi-course dinner that comes with a 7 ounce Miller Highlife pony.

These will be available every night during the DNC for $25. Lead bartender Daniel Kulisek also created a special drink called The Hillary which includes a shot of Bulleit Rye served neat with a Diet Coke on side, garnished with a lemon twist for $12. Noticing a trend here?

Revolution Taco

2015 Walnut St.
therevolutiontaco.com

Sometimes in life, you just need dessert and with the way the weather has been in Philly lately, you'll definitely want something ice cold. Aside from delectable tacos, Revolution Taco, is serving up a commemorative ice cream sandwich through a special collaboration with Wecakerly's Ice Cream. Called "The Donkey Kick," this ultimate sweet treat combines Hillary Clinton's love of chocolate and brownies with a dash of spice. They will be available for $5 from July 22 through July 31, or while supplies last.

Bufad

1240 Spring Garden St.
bufadpizza.com

This is a bit off the beaten path but if you're in the mood for pizza, Bufad off of Spring Garden is offering an amazing combo deal if you're looking for sweet and savory minus the alcohol. For $20.16, you can get a freshly baked Margherita Pizza, a bottle of Boylan soda — and dessert, which is a Ricotta tart, blueberry compote and raspberry sorbet. Bon appetito!

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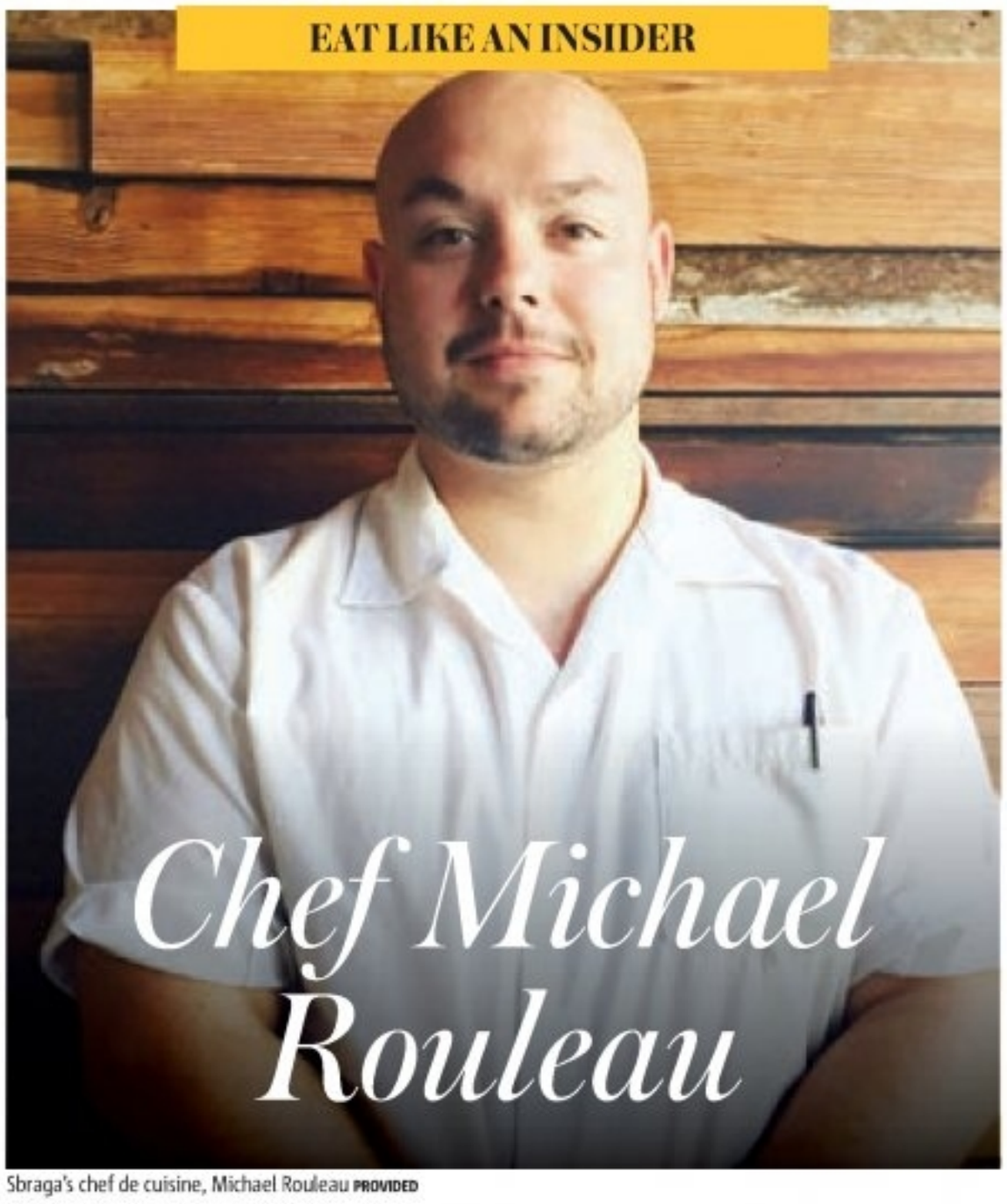

Sbraga's chef de cuisine, Michael Rouleau PROVIDED

When he's not busy managing the kitchen at popular American restaurant Sbraga or whipping up new recipes, Michael Rouleau, chef de cuisine, can be found cheering on the Eagles during football season or trying out new restaurants in Philly's ever-blossoming food scene.

Inspired by his mother and her Italian home cooking, Rouleau's passion for food began at a young age. While his culinary adventures have taken him across the country, the opportunity to work at Sbraga brought him back to the East Coast. Now Rouleau dishes his top places to chow down when he's off the clock — covering everything from food trucks to meat pies to pho.

Best late night meal?

The food trucks on Girard. The only name I remember is The Pie Stand because it's simple enough to remember after a long night of fun. They've got these delicious Peanut Butter & Fluff pies. The taco trucks are also great.

Best meal under $10?

I've gotta say Pho 75 (1122 Washington Ave.). I always crave pho on my day off.

Best hidden foodie gem?

Standard Tap (901 N. Second St.). I don't know if it's that hidden — but their food is always really great, especially their mussels.

Best place to dine alone?

Bardot in Northern Liberties (447 Poplar St.), which is steps from my house. I usually eat the wings or grab a sandwich and a beer.

Place you always take or recommend for out-of-towners?

Zahav (237 St. James Place). The restaurant is so unique and everyone goes there. It's spot-on.

Go-to date spot?

Abe Fisher (1623 Sansom St.). It has an intimate vibe and it's close to a lot of really great places in Center City to grab a drink before or after dinner.

Best place to catch up with friends?

The Fat Ham (3131 Walnut St.). The $39 Sunday Supper is truly the best dining experience in the city to stir conversation, share food and catch up with friends.

Most Instagrammable restaurant?

Stargazy (1838 E. Passyunk Ave.). Their Instagram is hilarious and their pies are delicious.

For all the latest on Chef Michael Rouleau and Sbraga, visit: sbragadining.com JENNIFER LOGUE

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HOT PLATE

Mais e Funghi Pizza at Pizzeria Vetri

Jennifer Logue eats her way through Philadelphia.
jennifer.logue@metro.us

The Mais e Funghi Pizza at Pizzeria Vetri on Chancellor Street. JENNIFER LOGUE

This week, the true foodies were separated from the mere dilettantes when I got wind of the Mais e Funghi pizza at Pizzeria Vetri and asked friends to sample the dish with me.

Oddly enough, I was met with the same response — "Corn on pizza? Ew! I'll pass."

Given that these are the same people who put bacon on donuts, I was confused. How could corn on pizza be so off-putting?

However, when I asked my intern Marialena to accompany me on the Mais e Funghi Pizza expedition, she accepted without hesitation.

Tucked away on Chancellor Street, Pizzeria Vetri is the perfect place for a leisurely work lunch (if you have those) or for the rest of us, a relaxing weekend lunch spot or an after-work sanctuary. The ambiance is bright and inviting with red accents everywhere, making you feel alive — again.

Now let's get down to business — just how was the Mais e Funghi Pizza? In a word, delightful. This pie was made for summer as it was satiating without weighing you down.

The crust was on the thinner side but still doughy and supple — topped with a sweet corn crema, fresh charred corn, mozzarella, Parmesan cheese, sherry vinegar and of course — maitake mushrooms, aka hen-of-the-wood.

The sweetness of the corn crema and the saltiness of the mushrooms balanced out perfectly and it's a pizza I would definitely order again. However, the window of opportunity is closing because being a seasonal pie — it won't be available once fall arrives. Get it while it's "hot" — literally!

YOUR WEEKEND STARTS NOW

NIGHTLIFE

Philly4Pulse

Several bars in the Gayborhood join forces for an evening of drinking and mingling to benefit victims of the Pulse Nightclub shooting in Orlando on June 12. Bar hop between places like Tabu, Woody's, iCandy and Franky Bradley's to see celebrity bartenders like Mayor Jim Kenney and take part in special activities planned for the evening. Proceeds from door and bar tabs will be donated to the cause.
July 21, 7 p.m.-2 a.m.
Gayborhood
Pay as you go
facebook.com

HAPPY HOUR

Summer of Brosé

Summer of Brosé is a wandering summer happy hour series celebrating "the men who love rosé and the people who love them." Their next stop is this Thursday night at La Peg. Join them for glass upon glass of delicious pink wine and grub from the Seafood Shack under the shadow of the Ben Franklin Bridge.
July 21, 5-8 p.m.
La Peg
140 N. Columbus Blvd.
Pay as you go
summerofbrose.com

Twilight in the Gardens

Pack your own booze, blanket and snacks Friday night and head to Philadelphia's Magic Gardens for this monthly evening soiree that brings live music and hands-on art activities to the iconic destination on South Street. This time around, indie band Circadian Rhythms provide the tunes and local artist Lauren Wrightson teaches you how to make pennants.
July 22, 7-10 p.m.
Philadelphia's Magic Gardens
1020 South St.
$18
phillymagicgardens.org

DNC 2016

Political Moviefest at Dilworth Park

Every night through Saturday, catch a free outdoor screening at Dilworth Park. The flicks are all political in nature, and were voted on by the public from a list of 12 candidates. The winners? The original 1962 "The Manchurian Candidate" (July 21), "The American President" (July 22) and "All the President's Men" (July 23). While taking in the film, you can grab a hot dog or burger from Dilworth Park Cafe and Air Grille, and top it off with dessert at the Capogiro Gelato Artisans cart.
Through July 23, 8:30 p.m.
Dilworth Park
1 S. 15th St.
Free

Boys and Girls on the Bus

Champing at the bit to get your DNC partying started? On the night before things kick off, Committee of Seventy hosts this informative panel discussion that takes a look at the differences in covering political elections in the 1970s and today. Journalism experts making up the panel include Scott Detrow from NPR, the Washington Post's Jenna Johnson and CNN political producer Dan Merica.
July 24, 5:30-7:30 p.m.
Pipeline Philly
30 S. 15th St.
$35

DNC Pop-Up Tours

Philly Tour Hub leads two walking tours based on the primary election season's Democratic candidates. I'm With Her: Hillary Clinton and Philly's Founding Women and Feel the Bern: Bernie Sanders and Philly's Revolutionaries weave together our city's history with

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CONCERTS

XPoNential Music Festival

The XPoNential Music Festival brings three days of live tunes to various locations along the Camden riverfront. The excellent lineup boasts acts like Ryan Adams, Philly's own Kurt Vile and the Violators, Alabama Shakes and Brandi Carlile. You can take part by purchasing single day tickets, or do the whole shebang with a 3-Day Go Everywhere Pass ranging from $160 to $316.

July 22-24
Various locations
$70-$296
xpnfest.org

WXPN

the platforms that make these candidates famous — all with a touch of satire. The tours happen once daily, at 10 a.m. (Hillary) and 1:30 p.m. (Bernie), through the end of the month.

Through July 31, 10 a.m. and 1:30 p.m.
Philly Tour Hub
229 Arch St.
$34
phillytourhub.com

CONCERTS

Red Bull Sound Select Presents

Philly music publication Jump Magazine curates this evening of music dedicated to highlighting promising up-and-coming musical talents from Philly and beyond. The emphasis this time around is hip-hop, with artists D.R.A.M., Grande Marshall, Xavier Omar and Aime slated to perform.

July 21, 8 p.m.
The Foundry Philadelphia
1000 Frankford Ave.
$3 with RSVP, $10 without
redbullsoundselect.com

Wild Child

Infectious indie pop makers Wild Child set up camp at Philly's Boot & Saddle for two nights this week. The Austin-based band, fronted by lead vocalists Alexander Beggins and Kelsey Wilson, are touring the country to promote their latest album, "Fools." The work takes sad stories and transforms them into twee love letters about staying true to yourself in this bat-s— crazy world. Perhaps none too coincidentally, Philly-based trio End of America opens.

July 23-24, 8:30 p.m.
Boot & Saddle
1131 S. Broad St.
ticketfly.com

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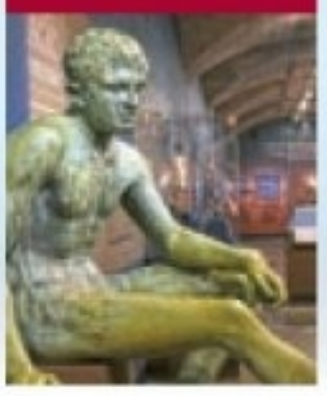

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The Harry Potter tour of London

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Fodor's Travel

For every Harry Potter fan, a trip to London is a dream come true, and there's never been a better time to go, with the play "Harry Potter and the Cursed Child" premiering July 30. From the iconic Platform 9 ¾ to the lesser-known pedestrian streets, here are the top Harry Potter sites in London.

The Palace Theater, where "Harry Potter and the Cursed Child" is now playing. GETTY IMAGES

Piccadilly Circus

A major London destination known for its nightlife and theaters, this is where Harry, Hermione and Ron apparate to in "Deathly Hallows Pt. 1" while fleeing the Death Eaters after Bill and Fleur's wedding. In the book version, they actually flee onto Tottenham Court Road Station, another major if less photogenic London hub, where the Luchino Caffe is located.

St. Paul's Cathedral

There are many reasons to visit Sir Christopher Wren's beautiful English Baroque masterpiece, but Potter fans will want to head for the spectacular spiral geometric staircase (also known as the Dean's Stair) in the cathedral's southwest tower. Recognizable from "Prisoner of Azkaban," this is where students trudge up the stone steps toward professor Trelawney's divination classes held in a classroom atop a Hogwarts tower. It was also used in "Goblet of Fire" as the Turris Magnus staircase.

Leadenhall Market

This beautifully preserved example of a Victorian covered market, noted for its ornate roof painted in green, maroon and cream over a cobblestone floor, portrayed Diagon Alley in "Sorcerer's Stone." An optician's shop called The Glass Ball was used as the exterior of the Leaky Cauldron in the same film.

Borough Market

For "Prisoner of Azkaban," the producers moved the entrance of the Leaky Cauldron to this location. The brickwork and door that can be seen when the Knight Bus drops Harry off has vanished. In real life, No. 9 is a flower shop with a slightly wider entrance. Besides the market, there are also stalls serving delicious street food.

Great Scotland Yard

It was here that the rear entrance to the former headquarters of London's Metropolitan Police was located, and "Scotland Yard" became shorthand for the institution. However, viewers of "Order of the Phoenix" will recognize it as the site of the visitor's entrance to the Ministry of Magic, although the actual entrance was via a phone box located at the corner of Scotland Place. Scotland Place is still there (but not the phone box, which was only a prop) and in fact makes an appearance in "Deathly Hallows Pt. 1" when Harry, Hermione and Ron disguise themselves as ministry employees.

London Zoo

The somewhat larger London Zoo was used in "Harry Potter and the Sorcerer's Stone" as Little Whinging Zoo, where Harry first discovers he has magical powers when he strikes up a conversation with a boa constrictor. There's a plaque by the tank that portrayed the talking snake's residence.

St. Pancras

Thanks to a drab 1970s extension, the exterior of King's Cross station was deemed too unmagical, so it was impersonated in the film version of "Harry Potter and the Chamber of Secrets" by its next door neighbor, St. Pancras International, a Victorian neo-Gothic fantasia with wizardly turrets.

Charing Cross

This major thoroughfare appears in several books: Harry walks down the street with Hagrid in "Sorcerer's Stone," he travels down it on a Knight Bus in "Prisoner of Azkaban," and "Half-Blood Prince" mentions Ministry of Magic cars driving down Charing Cross Road. It is here that the Leaky Cauldron wizards' pub and inn, which serves as a gateway between the muggle world and Diagon Alley, is located.

King's Cross

Perhaps the best known Harry Potter location in London is Platform 9¾, located in King's Cross, a decidedly muggle commuter station. You'll recognize it by a luggage cart vanishing halfway into a brick wall under a helpful sign that says "Platform 9¾" on the concourse between the elevator and Platform 9.

Australia House

A landmark since it opened in 1918, this imposing building on the Strand is home to Australia's diplomatic mission in the UK. Its equally imposing exhibition room is so grand it required almost no set dressing when it appeared in "Sorcerer's Stone" as the main hall of Gringott's Wizarding Bank.

Cecil Court

This charming pedestrianized street off Charing Cross Road is full of quirky Victorian-era shops specializing in rare books, maps and antiques. It is believed to be the inspiration for Diagon Alley and even has a shop that predates the books called The Witch's Ball.

Palace Theater

The Victorian glass canopy of this West End theater dates back to 1891 and has been decorated with suitably witchy additions for the run of "Cursed Child." Created by Jack Thorne in collaboration with J.K. Rowling, the play, which opens July 30, picks up the story of Harry, Hermione and Ron 19 years after the end of the last book. Demand for tickets is astronomical, but every Friday the show's website releases 40 tickets in a special promotion called The Friday Forty.

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Doping a time-honored tradition

Would a "wild west" PED-scenario be the worst thing?

MATTHEW BURKE
@burke_metro
matthew.burke@metro.us

The majority of the millions of people who watch the Summer Olympics every four years are casual fans, dropping in to watch these niche sports for entertainment purposes. The sheer spectacle of the Olympic games almost always overwhelms the ugly realities — host cities left in financial ruin, IOC scandals and major doping issues.

Mark Johnson, author of the book "Spitting in the Soup: Inside the Dirty Game of Doping in Sports," is an expert on that last topic, and he says that allowing athletes to use any and all performance-enhancing drugs in the Olympics isn't any crazier than what comes from the current system in place.

"WADA [World Anti-Doping Agency] only finds 1-2 percent of dopers right now," Johnson told Metro. "It's pretty easy to — in a lot of sports — plan your doping so you don't have any drugs in your system when you're competing. Most of the PEDs allow athletes to train a lot harder and recover a lot faster, but during actual competition they can still be completely clean. It's really an intelligence test. If you're working with a good doctor and you time everything right, you can always get by."

For centuries, Olympic athletes have been trying to get bigger, stronger and faster by any means necessary. GETTY IMAGES

The big doping story heading into the Rio summer games, which begin Aug. 5, concerns Russia and its "state-sponsored doping program." According to the BBC, Russia "directed, controlled and oversaw manipulation of urine samples provided by its athletes" in the build-up to the London games in 2012 through the Sochi Winter Olympics in 2014. Not surprising in the least, says Johnson, but he adds there is a great deal of hypocrisy from those scolding Russia. The never-ending quest to get all drugs out of the Olympics is impossible, if not laughable.

"We have this idea that we need go get back to a 'cleaner era,'" Johnson said. "The problem though is that this cleaner era never really existed. Testing is much stricter now than it was 50 years ago, but athletes trying to get an edge through drugs has been going on literally forever. Finding new ways to get bigger, faster and stronger was seen as a part of the craft of sport at one time. It was like utilizing new forms of technology. In the 1960s, particularly in the U.S., those attitudes started to change. Because of all the recreational drug use and abuse at that time we started to pay closer attention to performance-enhancing drugs as well. All of a sudden, doping went from something that all athletes did as a form of training to a mark of moral failing. In the last 50 years the surveillance and the creation of these anti-doping agencies is pretty dramatic."

Despite the stricter testing, there is a prevalent idea that "everybody is on something" anyway.

"Most of the athletes don't want to do these drugs at first," Johnson said. "They have to hire doctors and the drugs themselves are expensive. It can also get dangerous. They don't want that hassle, obviously, but once it becomes the norm in their sport then they kind of have to reach for [the drugs]. I don't really think the crime and punishment approach is super-effective."

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Eagles 53-man roster projection

Who makes the team? Here's our early prediction as training camp approaches.

LUKE MILLER
@LukeFM7
sports@metro.us

The first Eagles report to training camp next Monday, and the play that happens on the field there and in preseason games will go a long way to establishing the faces we see on the final 53-man roster. Before all that mess about earning the jobs gets underway, here are our prohibitive favorites to make the cut. The order of the names aren't exactly meant to be a depth chart, but you could probably read them like one.

QB (3) — Sam Bradford, Chase Daniel, Carson Wentz
This group seems set in stone, barring injury. Wentz may not be suiting up to start the season, but he won't be leaving the 53-man roster anytime soon either.

RB (4) — Ryan Mathews, Darren Sproles, Wendell Smallwood, Byron Marshall
Mathews and Sproles are locks. Either Smallwood, Kenjon Barner or undrafted free agent Marshall will make the team as well.

FB (1) — Chris Pantale
Pantale might be more appropriately slotted at tight end, but this is where he figures to spend the upcoming season, with little competition so far.

WR (5) — Jordan Matthews, Rueben Randle, Nelson Agholor, Josh Huff, Chris Givens
Matthews is the cream of the crop. Randle just arrived. Huff and Agholor have both disappointed, but last year's first round pick isn't going anywhere and Huff's chances would be a lot longer if he were on a team with more talent at the position. Givens has met or exceeded expectations since being picked up.

TE (3) — Zach Ertz, Brent Celek, Trey Burton
If every position had depth like this, the Eagles would be fine. Ertz is every season's breakout candidate. Celek has the career numbers to match any tight end in Eagles history, and Burton is a weapon in his own right and special teams star.

OL (10) — Jason Peters, Allen Barbre, Jason Kelce, Brandon Brooks, Lane Johnson, Stefen Wisniewski, Isaac Seumalo, Matt Tobin, Halapoulivaati Vaitai, Dennis Kelly
Lock in Peters, Kelce, Brooks and Johnson as starters. From everything the coaches say, Barbre seems to have the inside track at left guard, but we'll see once camp begins. Wisniewski and Seumalo are his stiffest competition there, and both can also fill backup roles at center, if needed. Depth at the outside of the line is weaker. Tobin is better suited to guard play,

DL (9) — Vinny Curry, Fletcher Cox, Bennie Logan, Connor Barwin, Brandon Graham, Mike Martin, Marcus Smith, Bryan Braman, Aziz Shittu
Cox and Logan are starters at defensive tackle. Curry, Barwin and Graham essentially make up three starters at defensive end.

LB (5) — Mychal Kendricks, Jordan Hicks, Nigel Bradham, Najee Goode, Joe Walker
The starters are penciled in and, barring injury, solid to good. If those injuries aren't barred however, linebacker could start to look ugly. Goode is the top backup, and Walker has been playing second team in camp.

CB (6) — Eric Rowe, Nolan Carroll, Leodis McKelvin, Ron Brooks, Jalen Mills, Denzel Rice
Rowe, Carroll and McKelvin are set to battle for the starting jobs. Rowe improved as a rookie but hasn't earned a locked down spot yet. Carroll was better than anyone expected in 2016 but it remains to be seen how he returns from injury. McKelvin, brought in by his old coordinator, might have the best shot.

S (4) — Malcolm Jenkins, Rodney McLeod, Chris Maragos, Blake

Practice squad best bets

OL Darrell Greene
DT Destiny Vaeao
DE Alex McCallister
CB Jacorey Shepherd
LB Myke Tavarres

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NOTICE OF PUBLIC AUCTION

On Monday July 25, 2016 at 10:00 AM, Storage Sense at 1000 Easton Road Wyncote PA 19095 (215-635-2007) will hold a public auction. Items will be sold to the highest bidder for cash.

The following units contain household and/or personal goods:

1071 SANDRA L JENKINS	2414 STEPHANIE S STEWART
2151 RICHARD LINWOOD MOORE	2539 MARK A TYLER
2162 MYYA MAKEDA SMITH	2597 RAQUIBA DONNELL

NOTICE OF PUBLIC SALE:

The following self-storage Cube contents containing household and other goods will be sold for cash by CubeSmart 777 Mayfair Street to satisfy a lien on AUGUST 2, 2016 at approx. 11:30 AM at www.storagetreasures.com

1405 Yolanda Correa • 1419 EFRAN E VELEZ • 2107 Katrina Golden
2119 Mitchell, Lenise M • 2203 Amber C Woodson • 2721 William Allen
3708 Quiana Bard • 4616 Isaiah Thomas • 5217 Denise L Segar
5307 Lashawn B Wheeler • 5506 Erin Marie Hanna

Public Storage
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Pursuant to the Pennsylvania Self-Service Storage Facility Act, Pennsylvania Statues, Title 73, Chapter 26 § 1901 et seq., a public auction will take place on **7/26/2016,** at the below-listed Public Storage facilities, for the following units, the contents of which shall be sold to satisfy the owner's lien. **Public Storage Located At, 592 Swedesford Road, Berwyn, PA 19132 at 9:30 AM 610-722-9230**

1163 - Calhoun, Robert
2358 - Gonzalez, Fernando

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A212 - Merto, Caitlin • A405 - Williams, Delene • A530 - Johnson, Lamella
A827 - Hodges, Jauaneida • B916 - Eisenberg, Stuart • B929 - Powell, Michael

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A020 - Kielkopf, Mildred • D151 - Deal, David
F361 - Freedman, Avraham

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1026 - Poole, Valerie • 1034 - Demisew, Netanet • 2002 - Addison, Cyndell
2092 - Liburd, Denise • 2096 - Frazee, Lee • 4130 - Thompson, Ashley

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1001 - Akacha, Gabriel • 1030 - Carroll, Toni • 1160 - Mccann, Christine
1167 - Porrino, Alfred • 2111 - Lewis, Kelly • 3171 - Lee, Dionne
D1012 - Mcbride, Leticia • D1014 - Heggs, Karen • D1029 - DeGuardia, William

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C036 - LANDAU, Elias • D035 - Murray, Aisha • D050 - Malone, Timothy
D061 - Gartland, Barbara • D091 - Scott, Stuart • D100 - LANDAU, Elias
D299 - Crescenzo, Michael • E106 - Digiacomo Jr, Thomas
E173 - Dalto, Giusppe • E265 - Fahy, Matthew • E266 - Boyd, Jarrel

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C199 - Jones, Angela

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NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Pursuant to the Pennsylvania Self-Service Storage Facility Act, Pennsylvania Statutes, Title 73, Chapter 26 § 1901 et seq., a public auction will take place on **7/26/2016** at the below-listed Public Storage facilities, for the following units, the contents of which shall be sold to satisfy the owner's lien. **Public Storage Located At, 1431 Ivy Hill Road, Wyndmoor, PA 19150 at 11:30AM 215-836-1654**

A148 - Riggins, Melody • A204 - Wallace, Dennis • A217 - Kemp, Lafyne • B427 - Staples, Jeffrey • B458 - Ayers, Jason C533 - Wright, Tooryn • C543 - Lewis, Lisa • C624 - Aldridge, Donna • D820 - Green, Naftale • D839 - Cherry, Christina D843 - Bardner, Georgette • E1025 - Deans, Victoria • E1031 - Palmer, Carlene • E1036 - Bell, Myklaa • F1110 - Registers, Cheryl F1230 - Chick, Monique • F1249 - Bryant, Tamara • F1271 - Smalls, Levi • G1308 - Anderson, Veronica • G1326 - Mckeown, Arthur G1403 - Lear II, Melvin • G1435 - Hill, Charlotte • H1612 - Starr-Dinnell, Paulette • H1614 - Dillard, Donald

All Sales Are subject to Cancellation Public Storage Terms, Rules and Regulations will be made prior to the sale.
PS Orangeco Inc. 701 Western Ave. Glendale California, 91201.
PS ORANGECO, INC

The Eagles already know exactly how their quarterbacks will fit into the depth chart. ALL PHOTOS GETTY IMAGES

Countess
Jenkins and McLeod make the starters here as talented as anywhere else on the roster. Behind them the depth is shaky, but shouldn't be called on too often. Maragos contributes to special teams and coaches seem to like Countess at safety over cornerback. If worst comes to worst, Mills and Rowe both have experience playing safety in college and could fill in in a pinch.

K (1) — Cody Parkey
It's weird when one of the most intriguing battles in camp is kicker, but here we are. Parkey, who made the Pro Bowl as a rookie in 2014 before falling to injury last season, will try to take his job back from Caleb Sturgis. We're betting he will.

P (1) — Donnie Jones
Challengers come and challengers go. Donnie Jones will punt. That is all.

LS (1) — Jon Dorenbos
Dorenbos has some competition here, since the Eagles actually gave a signing bonus to undrafted free agent rookie John DePalma which is … well, rather unusual for a long snapper. Dorenbos is also off competing on "America's Got Talent" at the moment. The end may be near, but it's still hard to see one of the NFL's best being unseated this offseason.

METRO GOLF

Mainland Golf Course doesn't have a boring hole, changes identities

The best way to get a golfer to return to a golf course? Make sure it's not boring.

Mainland Golf course, located a mile off of the Lansdale exit on 476, keeps golfers on their toes.

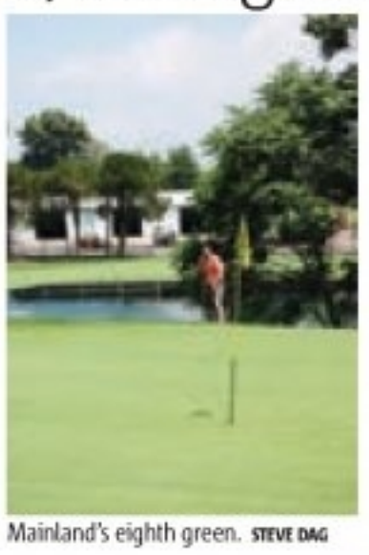
"After the first three holes you can put your driver away until the back nine," Steve Spross, Mainland's director of golf, said of the start of his par 70. "The first three holes are kind of shocking lengthwise."

Things get easier, don't worry.

After crossing the road, a short par 3 and bevy of challenging and attackable dogleg holes lead you to the ninth, a par 3 requiring a wedge shot over water.

Then the back nine, once again, brings with it an identity change.

"My favorite stretch is probably 12 through 15. On 12, if you shape the shot right you can be on the green putting for eagle, if not you're in the trees."



Mainland's eighth green. STEVE DAG

The dogleg left 12th meanders up hill with an off-set fairway that slopes toward a big green surrounded by bunkers. A perfect four-iron gives you a pitch to the hole. A perfect driver is on the green.

But position matters. With large greens often times boasting multiple tiers, three-putts could jump out at any time.

"If you're above the hole, good luck," Spross said. "For that reason they don't keep the green speeds all that fast."

The course finishes with a rarity, par 3s on the 16th and 17th before yet another gentle and tantalizing short dogleg on 18.

"The back-to-back par 3s here are kind of unique," Spross said. "You don't usually get them back-to-back but they are totally different, a two or three club difference."

EVAN MACY

Local knowledge tip: "Know when to keep driver in the bag."
Price range: $18 (to walk during the week) to $55 (weekend morning)

Locker Room Self Storage, Inc.
PUBLIC AUCTION

Notice of public sale of personal property. Notice is hereby given that the undersigned will sell, to satisfy the lien of the landlord, at public sale by competitive bidding on JULY 28, 2016 @ 11am. Locker room self storage, inc. Located at 2001 w. Erie Avenue, Philadelphia, PA 19140. The personal goods stored in space no:

UNIT# 2069 ANDERSON, LATOYA
UNIT# 1245 BAILEY, DON
UNIT# 1157 BANDY, BETTY
UNIT# 1025 BANKS, TANYA
UNIT# 1175 BROKENBOUGH, LEWANNA
UNIT# 1012 COIT, SHERELLE
UNIT# 2144 COOPER, DANELLE
UNIT# 2237 ELLIOTT, KIARRA
UNIT# 2147 HALDEMAN, DARNELL
UNIT# 2167 HARRELL, JUDSON
UNIT# 3016 HUNTER, JOHN
UNIT# 3040 IVEY, GAIL
UNIT# 1068 LEONARD, CLARISSA
UNIT# 2020 MCNEILL, ELOINE
UNIT# 2188 NALL, JOY
UNIT# 1101 PARKER, SHARON
UNIT# 3003 POWELL, TERRANCE
UNIT# 1255 QUARLES, KAREN
UNIT# 1170 RANSOM, GAIL
UNIT# 1081 RITTER, STEVEN
UNIT# 2174 ROBINSON, NAJEEYAH
UNIT# 1090 SIMMONS, PHILLIP
UNIT# 1154 SIMPKINS, WILLIAM
UNIT# 2156 STROWDER, SHAUNA
UNIT# 2099 TAYLOR, TONYA
UNIT# 1184 WEATHERS, JOYCE
UNIT# 2079 WILLIAMS, NAOMI
UNIT# 1052 WILLIAMSON, MARLA
UNIT# 1074 WILLINGHAM, RALPH

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76ers fans should be excited, optimistic after Simmons' Summer League performance

Simmons was named to the All-Summer League First Team last week.

ANDY JASNER
@AndyJasner
sports@metro.us

Ben Simmons is sure to create a surge in Sixers season ticket interest as the season approaches. GETTY IMAGES

When the pingpong balls finally landed the 76ers' way, the result was LSU standout Ben Simmons.

He was the consensus No. 1 overall pick.

Through the Summer League in Salt Lake City and Las Vegas, Simmons displayed flashes of brilliance and gave the rabid Sixers fan base hope for the future.

Simmons played a pair of games in Salt Lake City and four more in Las Vegas. At times, he looked like a future All-Star. Other times, he looked like a rookie learning his way through the league.

Let's be fair: Simmons is a 19-year-old kid who played all of one season in college. Simmons did enough to be named to the All-NBA Summer League First Team. His statistics were inconsistent, but statistics in the Summer League are rather meaningless. It's more important to get some much-needed experience.

And that's exactly what Simmons did.

Since the sports world is rather quiet, criticism came Simmons' way from Hall of Fame guard Isiah Thomas. The former Detroit Pistons' All-Star couldn't understand why Simmons was being rested for a couple of games.

Thomas is entitled to his opinion, but he's missing the point.

The Sixers have been completely irrelevant the past three seasons, going a disastrous 47-199. They finally have hope with Simmons, Dario Saric, Joel Embiid, Jahlil Okafor, Nerlens Noel and others for the 2016-17 season.

Folks, this is the Summer League. Resting a future All-Star and a potential cornerstone of your franchise for a couple of games in the Summer League is just fine. There will be no issues moving forward. Once training camp starts, the marathon NBA season will be enough of a test for any rookie, even the No. 1 overall selection.

Coach Brett Brown was visible in interviews through the Summer League and quickly raved about Simmons.

"You feel it in the city, where they feel a breath of fresh air, they feel hope," Brown told NBA TV. "Ben brings a new life to the city and the organization. I think things are coming together."

Simmons' education in the NBA will happen quickly. He'll be facing great players every night while learning the nuances of the league. There will be back-to-back games in two different cities. There will be nights he doesn't shoot well and has to adjust his game. There will be situations he never encountered at LSU.

Sixers fans will soon see all of these skills at the Wells Fargo Center. When the regular season starts, no one will remember that Simmons sat out a couple of games in the Summer League.

It's the future that counts. That future starts now with Simmons.

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LEGAL NOTICES

Public Notices

Public Auction
1831 W. Allegheny Ave on August 8th, 2016 at 2:00PM
The following self storage units will be sold to the highest bidder to satisfy the owner's lien for rent under 73 P.S. 1901 ET. Seq. Auction is with reserve. Devon Self Storage reserves the right to set minimum bids and to refuse bids. CASH ONLY. Contents must be removed within 24 hours. Auctioneer - Phillip T. Clire PA License AU005596
Unit Name Contents**
4036 Ashley, Leslie F, H • 3130 Frederick, Edward F • 3091 Frederick, Edward F, H • 5247 Gaines, Jerome C
2070 Green, Richard H • 4106 Hamilton, Sonya E, C • 5113 ISAAC, MERRA C, B • 1084 Marsh, Eric O H, F
5094 Matunda III, William H, F • 2060 Payne, Kareem H, F • 5196 Powell, Alfonzo H, F • 4033 Robinson, Jennifer M H, C, F
5143 Segers, Veronica L H, C, F • 2072 Smith, Mia M C • 5121 Stewart, Diamond H • 1019 Turner, Karla E F
2082 WESLEY, MARION H, C, F • 1051 WISE Sr., WILLIAM K H, C, F
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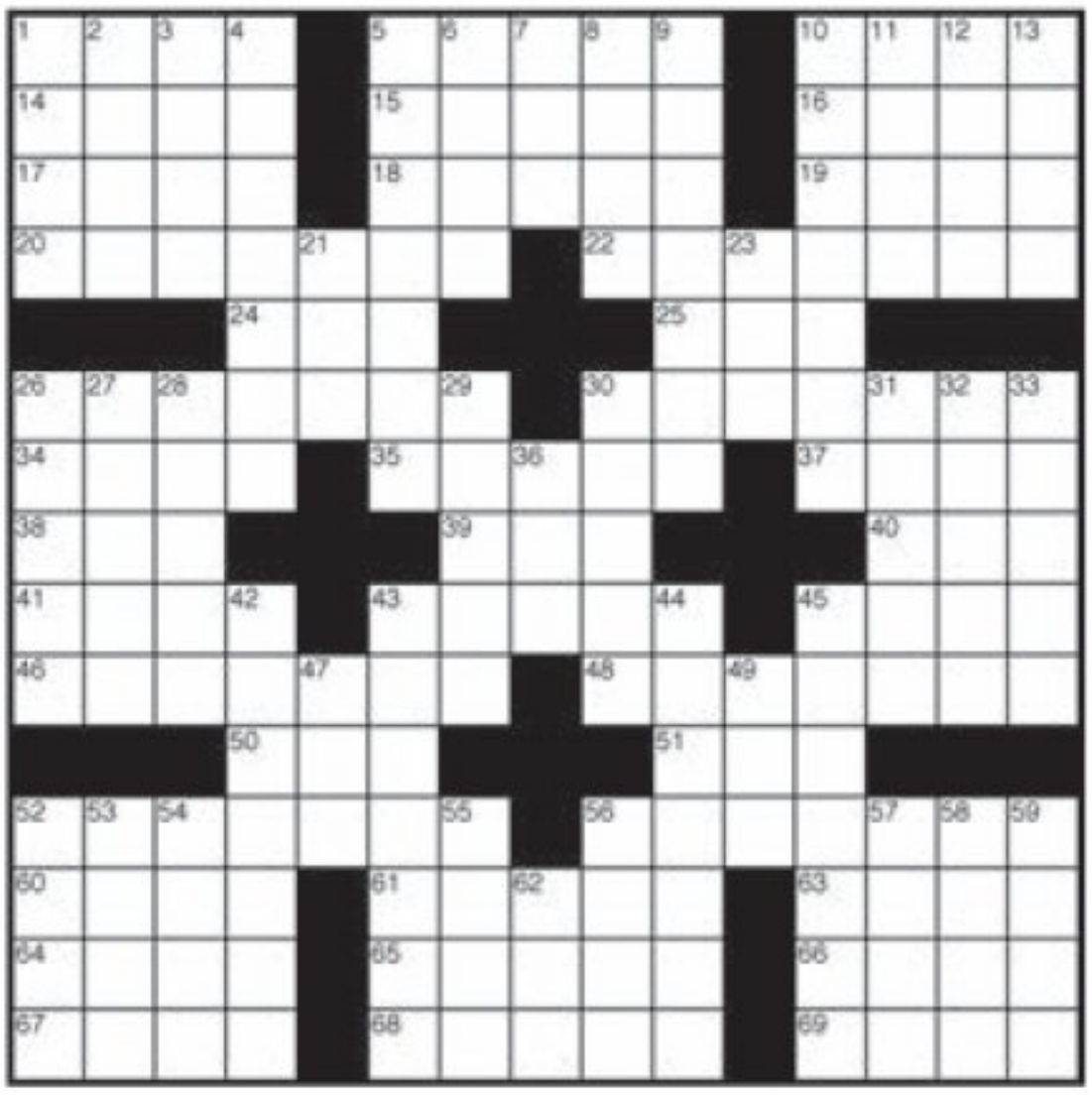

Across

1 Monopolizes
5 Removed rind
10 Polite bark
14 Antiquity
15 Wear away
16 BBs
17 Noted groundhog
18 Mutinous one
19 River hazard
20 Holds in high regard
22 It accompanies chirping
24 901, to Caesar
25 Pothole filler
26 Kind of reality
30 Part of FDIC
34 Votes against
35 Physicist — Bohr
37 Strong emotion
38 Meadow browser
39 Colorful carp
40 Loo, in brief
41 Gardner title word
43 Therefore
45 Others, to Ovid
46 Worked clay
48 Pictures, often
50 Mardi Gras monarch
51 Afore
52 Gray or beige
56 Slip and slide
60 Graceful entryway
61 Quebec city
63 Painted tinware
64 About half of us
65 Four duos
66 Ocean dwellers
67 Zest for life
68 Has occasion for
69 Heck!

Down

1 Ad spiel
2 They accompany aahs
3 Pluck
4 Handpicks
5 Period when the asteroid hit Earth
6 Mars, to Plato
7 Filch
8 Churchill successor
9 Erases
10 Spendthrift
11 Former science magazine
12 Qatar neighbor
13 80-day traveler
21 Ostrich cousin
23 Long-faced
26 Sweater style (hyph.)
27 Hawkeye
28 Ms. Witherspoon
29 Was fond of
30 Paris cops
31 Rich boy, in "Nancy" comics
32 Do the trick
33 Tee partner
36 Many many years
42 Of baked clay
43 Honeycomb cell
44 Grommets
45 Was an accomplice
47 "The," to Wolfgang
49 Hi-tech scan
52 Repute
53 Of historic time
54 Stanford rival
55 Add brandy
56 Lost no time
57 Weed killer
58 Ms. Raines of old movies
59 Quit working
62 Sault —Marie

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easy

			9		1	5		
7	6						9	4
		9					2	6
	5	2		3		7		
	3			9			6	
		1		8		3	5	
4	7					9		
5	2						4	7
		8	7		6			

hard

8		5	9				1	
7						9		3
		6	3		5			
5			2	3	8		9	
				7				
	6		5	9	1			7
			8		3	2		
3		2						1
	5				4	8		9

metro.us/horoscopes

Aries Keep your money in a safe place. Don't ignore medical issues. Focus on your needs and self-improvement. Love and romance are on the rise and will help stabilize your life.

Taurus Complaints will get you nowhere. If something needs doing, do it yourself. You only get out what you put in. Don't wait for someone else to make the first move.

Gemini Your vocal and outgoing way of dealing with matters will help you bring about positive change. Don't trust someone else to do as good a job as you. Love is featured.

Cancer Don't take on too much baggage or you won't reach your destination. Put your energy into what's important and expand your interests while you reach for success.

Leo You can make positive changes if you discuss matters openly and proceed to follow through with the agreed-upon course of action. Romance will enhance your personal life.

Virgo You should take care of your responsibilities and move on to more enjoyable pastimes. An unusual connection you have with someone will lead to an interesting turn of events.

Libra Consider your current position. If you aren't satisfied with the way things are going, reconnect with an old co-worker. Something good will transpire.

Scorpio You need to take care of your domestic chores before someone criticizes you for neglecting your duties. Take on a challenge that will enlighten you.

Sagittarius Socialize with people who are heading in the same direction as you. If you lose sight of your goals, you will end up at a destination that won't help you advance.

Capricorn Think about the past and use your findings to help plan for the future. You are facing a changeable time, and you should use this opportunity to explore new possibilities.

Aquarius Learn from those around you. If someone makes a scene, don't get involved in the furor. A change you make will bring you good fortune and a brighter future.

Pisces Don't make your choices based on what others do or say. Do your own thing, negotiate on your own behalf and draw up contracts that suit you. EUGENIA LAST

Yesterday's answers

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ARE YOU OVVERWEIGHT BUT OTHERWISE IN GOOD HEALTH?

If so, you could qualify for a clinical research study being conducted by PRA Health Sciences in Marlton. To qualify for this study, you should be male between ages 18 and 70 or female between ages 40 and 70. Females should be postmenopausal. Volunteers must not be taking prescription cholesterol medications.

Those who qualify for this study may be compensated for their time and travel. Transportation is available.

To learn more, call PRA Health Sciences at 844-PRA-PINK (844-772-7465) or visit Volunteers.prahs.com

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DO KNOW SOMEONE WHO HAS BEEN DIAGNOSED WITH SCHIZOPHRENIA?

If so, this person could qualify for a clinical research study being conducted by PRA Health Sciences in Marlton. To qualify for this study, this male or female should be between ages 18 and 60. He or she should have had at least three months of antipsychotic therapy within the past five years. Females should not be pregnant or about to become pregnant.

Those who qualify for this study may be compensated for their time and travel.

To learn more, call PRA Health Sciences at 844-PRA-PINK (844-772-7465) or visit Volunteers.prahs.com

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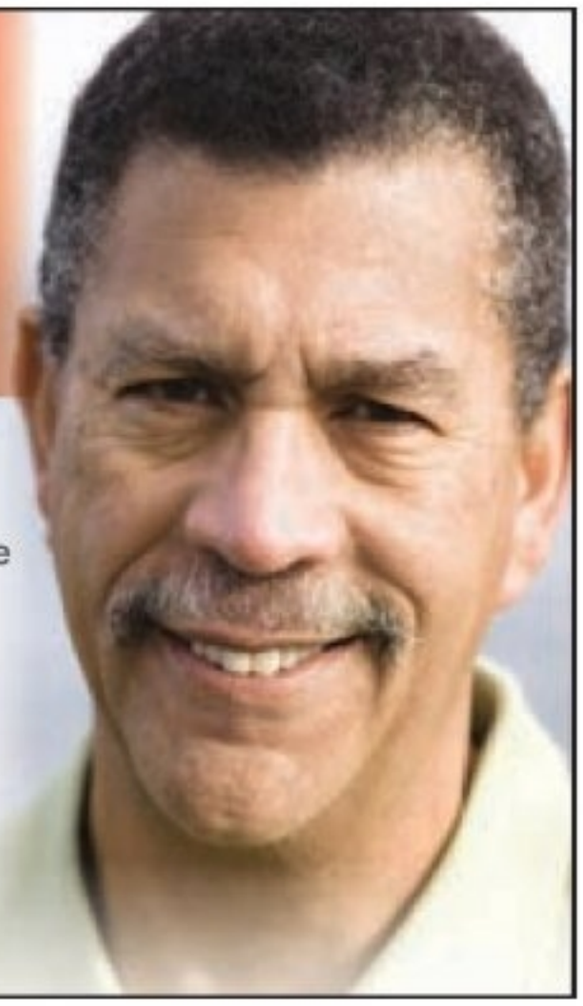
DO YOU OR SOMEONE YOU KNOW HAVE MILD ALZHEIMER'S DISEASE?



PRA Health Sciences in Marlton is now seeking individuals with mild Alzheimer's disease for a research study. To qualify for this study, individuals should be male or female between ages 55 and 85. Other than mild Alzheimer's, they should be in general good health. Females should be postmenopausal for at least one year or surgically sterile.

Those who qualify for this study may be compensated for time and travel.

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